

Tamang Heritage Trek

The [Tamang Heritage Trek](#) sits as one of the best hospitable treks in the Langtang Region, and most probably within the whole country. Not only does the trek yells Atithi Devo Vaba which means Guests are God but also travels along with the uninterrupted scenery of the **Tamang** settlements.

The trekking to the **Tamang villages** of the Langtang Region starts with a drive to the village of Syabrubesi via Dhunche. The same route is taken as the commencement point by many trekkers hiking the **Langtang Valley Trek**. While the valley trek continues towards the Lama Hotel, our trek sees us at Gatlang (2238 meters). This village is based typically on the traditional Tibetan culture and lifestyle, hence, a lot of things here denote **Tibetan tradition**. From this village, the views of the snowcapped peaks, Manaslu and Ganesh seem more than real. Out of Gatlang and our fall sees us at the hot springs of Tatopani. As the name suggests, **Tatopani** is a place with several warm springs in and around the village. Relax in the pools to soothe your body.

Out of Tatopani, and now, we're at Brimdang. Uphill hike sees us at Nagthali Danda and further ahead marks our entry at the **Thuman village**. While here, savor in the views of the **Langtang Lirung peaks** including the Ganesh, Gosaikunda, and Kerung peaks. Last but not the least, our trail follows a trek along the Timure village towards Rasuwagadhi and farther towards Bridim. Bridim stays as the final Tamang town before the end of this trekking package. During our trekking here, our hike allows extra time to explore the 19th Century **Rasuwagadhi Fort**. Back to Syabrubesi and a drive to the capital city of Nepal to end our trip. The trip ends in 9 days; however, this package can be tailor-made to suit your needs.

Find the true meaning of "**Athithi Devo Vaba**" in this trek to the Langtang Region!

Duration: 9 days

Price: \$1200

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

Itinerary:

Day 1: Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

Day 2: Drive to Syabrubesi (1467 meters)

Cover 122 kilometers via a 7 hours long drive to the village of Syabrubesi via Dhunche. Drive through the concrete black topped roads till Trishuli Bazaar. Forward from there sees us on rough roads and narrow bends to Dhunche and then to Syabrubesi. En-

route, enjoy the first views of the Ganesh and the Manaslu Peaks.

Day 3: Trek to Gatlang (2238 meters)

Start with a descend downhill and then an uphill climb sees us at Goljang. Hike downhill to arrive at the Tamang village of Gatlang. During the evening, get entertained by the songs of the locals. Explore the town and its architectural designs and houses. En-route, relish in the panorama of Ganesh and Gosaikunda peaks.

Day 4: Trek to Tatopani (2607 meters)

Out of the village of Gatlang, fall towards the town of Thangbuche. Parade along the Bhotekoshi River to arrive Chilime, which is home to the Chilime Hydropower Dam. From here, it's a hike uphill to Tatopani. The town is famous for its healing warm springs. Enjoy!

Day 5: Trek to Thuman (2338 meters)

An uphill climb from Tatopani sees our arrival at Brimdang. Further walk ahead takes us towards Nagthali Danda. Keep on walking, and now you're at Thuman, another Tamang Village. While at the village, savor in the views of the Ganesh, Langtang, Gosaikunda, and Kerung Peaks.

Day 6: Trek to Bridim (2200 meters)

A downhill hike from Thuman takes us to the village of Bridim. Walk past the towns of Timure and Ghattekhola to get to Rasuwagadhi. While here, explore the 19th-century fort of Rasuwagadhi. Climb out of the village along the Bhote Khola to arrive at Bridim, the last Tamang village before ending our trip. While at Bridim, relish in the views of the Langtang Lirung and other peaks of the mountain range.

Day 7: Trek Back to Syabrubesi

An easy trek day with maximum downhill hikes! Plummet towards the village of Syabrubesi from where it all started. Rest for the time being!

Day 8: Drive back to Kathmandu (1440 meters)

Get the last look at the Langtang Lirung and bid farewell to them! Early drive along the Trishuli River via Dhunche will see us back at the capital city of Nepal, Kathmandu.

Day 9: Onward Departure

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

Highlights:

- Tamang Villages
- 19th Century Rasuwagadhi Fort
- Tamang Culture, Tradition, and Lifestyle
- Langtang RI, Langtang Lirung, Ganesh, Kerung, Gosaikunda, and Other Langtang Region Peaks
- Hot Springs of Tatopani

Cost Include:

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS
- Government Taxes and Office Service Charge

Cost exclude:

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa